

pg. 1

H

Hospital stay
8 days

Treated well - 5 units of Blood
Short staff, cleaning short staff
1 shower in 8 days, no chair

1-24 First day back, BOP - provider walker
BOP kept all records I got from St. Lukes, no meal.

L-D 1-25 - called to Edu. Barely made it there, no CO
when I got there - even the other inmates told
CO why I wasn't there, the CO didn't turn me around

L-D 1-26 - Finally can call Jan, called to medical for pills &

B 1-27 - went to breakfast - chest pain - 2-4

L-D 1-28 called Jan, pill call at 6:30 chest pain below
left nipple - 2-4

L-D 1-29 - pill at 6:30 chest pain - 2-4

L-D 1-30 pill at 6:30 then called to edu. was pushing
myself backwards by theater when CO asked where
I was going - he made a call then sent me to dorm
lab at 10:00, took blood, got paper that says I don't
need to walk to Edu. Tired & breathing trouble, stiff
back pain under left nipple 2-4 most of day.

pg 2

L-D 1-31 walked to pill line, then commary, very tired today, right eye blurry & hurts behind it. left nip pain 2-4

L-D 2-1 6:30 pill line still, taking 8 prescriptions n back still bothers + very tired. eye still blurred.

L-D 2-2 - can't balance yet, out of breath. Blurry v

BL-D 2-3 - no sick call. sat + sun. Right eye hurts same + pain in chest same, tired. slept 9 hrs.

2-4 - still have pain under left nipple. Balance is bad still as well. No ramp makes for a hard way to go up + down steps into building.

2-8-24

2-4 Pain in left side - 2-4 very tired, blurred vision and hurts behind right eyeball, only lunch today

2-5 Dizzy moving, pain in chest below left nipple - 3- Dizzy is worse than usual and out of breath a lot. L-D

2-6 Sick call - eye glasses & shoes, 2 trips to medical - short staff. Told by Ms. V, she would call me. Having chest pains even in middle of chest - mostly 4. Was never called for sick call L-D

2-7 Hard breathing & pain in chest - 2-4. Could almost pass out. No call in today for eye & shoes. Dizzy most of day L-D

2-8 Up several times last night - hip extremely sore & feet bothering - pain in both. No sick call - no doctor here. Still waiting on sick call 3 days ago. Left side below nipple aches - 2-4. Doubled Tyrol for hip & feet pain. Called to Medical - Nurse V set up eye doctor meeting, No on shoes. Talked about Nitro pill but wanted me to have cardiologist appointment first & talk over with him. Blood pressure was high. L-D. While in waiting room Warden was talking to another Inmate & Warden stated it's his business & camps to get people released not hold them L-D

Daily health Report

2-10-24

2-9

Slept well last night, breathing continues to be a problem, shortness of breath. Left side still has pain coming + going - 2-4 range Breathing got worse later in day. Even had some pain on the right side, 2-4 range L-D

2-10

Same pain on the left side, hard breathing. Right leg from knee up to waist has tingling pain and has knot in muscle, low pain but hurts to touch. Both feet hurt ankle down B, L, D. Back aches mostly all day - lower area

2-12-24

2/10 Had a nose bleed today not real bad one. Will
 cont. keep track from now on. Pain in chest like a
 pin poking my chest. Hard breathing all day. Dizzy
 sight but eye socket not hurting. BLD

2/11 Woke up with pain 3-4 heels to my knees both feet
 Dizzy + unbalanced all day with very tough
 breathing all day. Legs tired by 9:00 am Sharp pain
 in heart. L-D

2/12 Slept good. Spot of blood on bed sheets. Feet to
 knee hurting still. Balance off, breathing issues.
 Right leg from knee to hip tingling and has a
 muscle knot in it. Had some right side pain today to

2/13 Short breath waking up. both legs heel to knee hurt
 Hip joint, right, hurt during night. Went to medical,
 she did EKG, tested ok same as last one, nurse very helpful
 not enough equipment here. Doing xrays thursday. No doctor
 on call here, only by zoom. Still in a non handy cap
 dorm. 4 stops to get in, been here since back from
 hospital

2/17/24

2-12 Good sleeping. Continued hard pain both legs
 L-D heel to knees. Balance off. Breathing issues
 laying down & walking. Muscle from right knee to
 hip tingling & knotted up. Had pain in right side
 of chest very sharp. 3-4 No doctor on call

2-13 Short breath most of day. Both legs heel to knee
 L-D pain. Hip joint hurt all night with sharp pain 2-4
 Went to medical, did EKG same as last one done
 before hospital stay. Nurse was good. Not enough
 equipment available. No doctor on call - L-D

2-14 Hip bad again. Tylenol not working good. Very dizzy
 L today, on & off shortness of breath, ankles ache
 Morning was hard-out of breath & tired. Tightness in
 chest both sides.

2-15 Slept well. ankles hurt heel & knees. Sharp pain
 L-D comes & goes both legs; slight pain in heart area
 to left arm. Dizzy. No Doctor; Optomists comes
 only once a month per - x ray nurse. Hard breathing
 all day.

2-16 Knee to ankle pain both legs. Hip hurts. Dizzy all
 L-D day. Continue lapse memory. Slight chest pain on
 left side under nipple 2-3, balance off

2-17 Ankles to knee pain all day - 2-3. Breathing is
L-D short all day. No doctor here. Sharp pain in chest
in afternoon - 2-4. Heart pain 4-5 after 6 pm. 2-20-24

2-18 Didn't sleep - ankle to knee pain all night. Hip
L-D needs shot tyrol not working. Hurts walking effec
by the pain - 2-4 Pain in heart while setting -
Breathing hard also. Confirmed that Optomatics only
on base once monthly. No Doc on base.

2-19 Heel to knee pain continues. Hurt through the
L-D night. Muscle knotted on my right leg between
knee + hip. Hip needs shot cortzowe. Tired by
10 am through rest of the day. Short of
breath when I tie my shoes or go to bathroom
lose my breath both ways.

2/21/24

2-20
D

Light pain in heel to knees. Restless legs. Hip hurts 0-2. Had to walk to Edu. Medical didn't do an extended "lay in". Went to medical too busy to get in then walked back to Edu. Tired legs giving out @ 9:00 Am. Went back to medical, no one there other than two nurses at 10:30 & was told to come back tomorrow & do sick call @ 6:30 am. Breathing getting worse by 1:00. Light pain in chest today. No doctor on call here. Breathing is harder after 1:00

2-21

Went to sick call @ 6:30. Nurse V refused to extend lay in. Said walk more, two times a day to Edu, plus food line & trips to medical had over 5 miles today legs very tired & breathing hard. Don't believe my hemoglobin has been checked since I got back from hospital - Jan 23. Dr. Rice ordered appointment for me @ St Lukes. Echo cartgram was done. Got back I asked the nurse about my hemoglobin level. She looked up & end of January it tested at slightly over 10. Should be 12 - 15 range. No one I don't believe was even paying attention to this. Nurse & I talked over how to get my medical records, I will email the medical center on Feb 25 to ask for them for records I will ask for on then. I believe medical center is under staffed & way short of equipment to do the job. If your luck you will end up @ St Lukes for care however my care was way better served from Munson in TC & Cadillac. Need medical records Jan 22 - Feb 25

2-24 Leg muscle right side knotted up. Tingles on left.
 L-D Some blurry eye sight, dizzy bad most of day. Both legs getting tired + restless by 8:30 am dizzy + issues walking. Cold hands, memory slipping

2-25 wake up sore hip need cortizone shot. light pain
 L-D 0-2 in both legs heel to knee, slightly dizzy + tired late afternoon. Sharp pain below left nipple before noon through late afternoon. 2-4 to 8:PM.

2-26 No flushable wipes can be used here - Septic won't handle
 L-D Wake with pain in left shoulder joint - 2-4. Dizzy + tired through afternoon. Had some pain on right side today on + off all day below left nipple.

2-27 Early morning pain heel to knee. Breathing hard when
 L-D walking to theater. Stuffed up nose. Memory short term issue. Dizzy started at 8:00 am. Right leg muscle knotted today. Legs tired, pain below left nipple some pain on right side today - 2-4 most of afternoon.

At 7:15 to 8:45 were kicked out of dormitory building as CO's searched for contraband. Coldest day I've been here, high winds + very cold. We had to stay in recreation or theater building.

2-28 heel to knee hurts - 3-5. Muscle in left leg
1-D knotted today. Right leg knotted in same way.
Both legs tingling feeling. Pain under left nipple
2-4. Out of breath most of day. Getting sharp
pain in left foot + toes - 4-6. Nose running &
memory issues

2-29

L-D

Went to see Lung Doctor today. Asked if I was doing cardiac rehab. Said no only when I was at home stopped here. Both legs hurt heel to knee. Doc says I should be using CPAC machine. Pain below left nipple 2-4. Had high blood pressure @ Doc appointment. No records yet. Is it legal they have my health records I don't. Water + ice machine down 3 days - no one could work on them while Feds. here in spitting. Gave us no back up plan on getting water. Not sure how good + safe water is out of drinking fountain. Hands + fingers very white today. Finger nails blue. Short of breath all day. + dizzy on + off.

3-1

L-D

Dizzy + short breath today. heel to knee hurt 2-4. Very short of breath walking back + forth Education Bldg. went in long time - 4-6. Still pain under left nipple after 5 - 2-4. Fell on the steps today going down, landed on bad hip. Overdoze in room next to me. ACP sounds like. Took him (DJ) to hospital.

3-2

L-D

Less pain today in heel to knee. 0-2 Switched back to tydol from Ibuprofen. Legs completely tired by 9:00am. Hard to breath when walking. Muscle knotted right leg hip to knee. Both legs weak + shaky. Memory slipping also. No light above entry door - where I fell - since at least 1-24-24.

3-7-24

3-4 Feet woke me up from pain during the night.
 L-D Medical thinks it's arthritis, I don't. - 4-6 pain.
 Shortness of breath, Pain left side - 2-4, Memory issues concern me. Tired + out of breath most of day.

3-5

L-D Slight pain in both legs. Switched to Tylenol one tablet twice daily. Slight hip pain, Shortness of breath, Pain under nipple left side. 0-2 Dizzy on + off all day, No light on Step.

3-6

L-D Legs very tired by 7:00am, Shortness of breath. Tired early morning. Informed today we have to all give back one set of Groceries, Prison out of clothes to give new incoming inmates, bad management. Chest pain under left nipple - 2-4 Both legs tired + restless. Memory bothers me. No word on how my hemoglobin level is.

3-7

Feet + legs hurt. Dizzy all morning, almost fell down twice. Slight chest pain left side, 02 Pain in shoulder collar bone up to left side of neck. 2-4 Tired most of day, No light, No Doctor, no memory

3-8-24

3-7 Feet + legs hurt, Dizzy all morning. Slight chest
LD pain left side. Sharp pain collar bone to my
neck to Jaw - 2-4. No word on hemoglobin numbers

3-8 Legs little tired getting up. Short of breath
LD walking. Dizzy getting up + walking. Coughing up
slim for 10 days now. Head doctor hasn't set up
appointment, 2 wks overdo.

3-9
L Sharp pain below left nipple 7-9: AM. Dizzy +
very tired moving with poor balance. Still coughing
up slim. Very weak. Memory still issue. Also getting
shooting pain on + off in my left foot.

3-23 Happy Birth day Jan. Chest pain 2-4. Legs very
B, L, D SORE today + tired. Cold fingers - Blue. Muscle
Knee to hip joint hurt all day, 2-4 Dizzy +
tired all day. No light, No on site doc. Some of my
St Lukes medical records showed today.

3-24 Dizzy all day. Tired from walking all day. Memory forgetful
Leg muscles bothered all day. Rested most of the day.
No light, No Doc. Waiting still to get medical records.
Hands fingers very cold - blue in color - end of some
Finger no feeling

3-10

L-D

Pain in collar bone to shoulder till 9: AM - 2-4
 Very Dizzy, tired legs, no light on stairs last night.
 Pain left side below nipple - 2-4. Legs very tingly,
 like needles poking them.

3-11

L-D

Tired + Dizzy, Both legs sore feels like needles
 poking, short of Breath Pain in collar bone to
 left shoulder Pain left side below nipple, Both 2-4
 Very short of breath all day, Dizzy enough I could
 pass out. No light, No Doc.

3-12

L-D

Dizzy bad today. Legs weak + Breathing hard, uphill
 walking terrible hard, blurred vision most of day. memory
 issues all day, Sharp pain in right leg just above knee
 ranked 4-6. Still have cough + very cold fingers.

3-13

B-L-D

Both feet very sore - Kept me up part of the night. Right
 leg knotted muscle; needles poking. Dizzy + vision issues
 Cold fingers both hands. Memory slipping. Still coughing
 up snot. Kevin went to medical but no doctor to see him.
 Told he was out of line to stop in. - did a sick call + nothing.
 No hemoglobin Report. NO light Heart pain 9pm - 67

3-14

Feet pain through night. Went to St Lukes - follow up from surgery.
 Did lab - blood to check hemoglobin. Cardiologist appointment on
 the 3-24, Calling to set up breath tests. Cold fingers, left side (over)

3-16-24

3-15

L+D

Very dizzy all day, Slipped at Rec, central Levi was there to help me up. Chest pain on left side 2-4 Tired all day & dizzy too. Tired memory - short term is slipping. Eye hurt today like being poked with a pick. No appointment yet with Optatist. No meeting set with head doctor. Fingers cold all day on both hands. Stumble several times today. Very rough day walking & breathing. Memory issues starting to bother me. No light on steps, No doctor on staff.

3-16

B,L,P

Dizzy & balance off all day, Right leg hurts - 2-4 rest of legs & feet feels like pins poking short of breath all day walking up slopes real bad. Right hip bothering - need cortizone shot, doctor who joins by zoom only says No. Right leg pain above knee. Pain in left chest below nipple. Is the 11" incision glued to tight?? TV shut off tonight - Guy tried to throw in cigarettes & phones - pushed us all. Cold fingers both hands, nails dark blue. Out of breath all day. No light, no doc. on staff

3-17

Very sore feet last night. Dizzy - hard times reading anything - eyes blurry. Cold weather hard to breath. No light, nothing from Head doc. Balance not good. Memory is an issue

3/18/23

3-18

L-D

Woke up with very sore feet again. Trouble breathing, dizzy, & chest pain left side 2-4. Memory issues bother me. Trouble walking, like I'm passing out. Totally tired walking up incline. Hands very cold - Blue fingers nails and veins in my hands. No light. No Doc. No eye doctor been months since I was told I would see an optometrist. No head doctor now four weeks past when I was told I would meet.

3-19

L-D

Very tired & legs not stable at all. Woke up with pain in my neck above collar bone. Dizzy walking at all weaving back & forth when I do. Memory short is slipping. Hip joint hurts still. Need cortisone shot. Left side of head hurts today on the outside. No light, CO lady saw me going down steps with walker, at lunch time.

3-20 legs very sore today, like pins poking them. Short
 B-L-D breath walking to breakfast. Dizzy + off balance. Cold
 fingers. Short breath all day. Left chest pain below
 nipple. No light yet, no on site Doc. Memory short term
 bothers me. Evening time both sides of chest ache. Cold
 fingers.

3-22 Both legs heel to knee hurt bad when wake up. 4-5
 L-D Hip joint very sore. Dizzy, walked too much today leg
 very sore. Hard pain under left nipple 4-5. Sharp pain
 in left neck 3-4 Found out Dr. Rice was stripped of
 his license - surgery too. Can't come on to this site from
 lawsuit from RN Nurse here. Only can do Zoom. Drops
 off his vehicle + drives a Buc vehicle to his job at Sandstone
 prison. Then comes back after work there. Cold fingers all
 day.

3-23 Walked to Edy in snowy weather. legs + knees slight pain
 L-D today - cutting back Tyrol to four a day, was at six daily.
 More info on doctor Rice - pulled licenses on sex
 offender with his step daughter.

3-21 Feet + ankles hurt through the night. Slight pain left
 chest. Cold fingers. Memory issues out of breath going
 up hill. Still getting darker. Symptoms of last bleeding
 ulcer. No doctor or head dock. Memory is slipping
 I believe. Feel lost. Went to Cardiologist yesterday.
 Doing breath test + stress. Added another pill. Chest pain
 most of day. No light. No on site doc. No head doc.

3-30 B-L-D Back hurts. Pain hard in left side below nipple. Breath hard. Dizzy & hard walking - legs weak. No doctor here. Head feels weird. Sharp pains in left side below nipple. Cold hands blue fingers. Micro Blood clots could be issue.

3-31 L-D Feet hurt up to hips. Dizzy & short breath. Memory issue. Cold hands. Pain on & off left side. No doc on site, No light. Tired & dragging all day. Memory issues. No on site doctor. No light. Tired out & dragging all day.

4-1 L-D Tired legs bad muscle above right knee bad dizzy - Some Medical Records came. Pain under left nipple. 2-4 No doctor, No light. - Sharp pain later in day - 6-8 Memory issues. Car Wreck Day

4-2 L-D Legs aching & hurting to knees. Left lower back hurts - took 2 Ibuprofen. Memory bothers me. Feet SORE, fingers cold & blue. both hands. Left chest pain below nipple. Back real sore - wonder if it's new pain doing it. No Doc. No light.

4-3 B-L-D Tired short breath. Back real sore yet. - new pill maybe. Pain lower left below nipple - 2-4. Very dizzy. Cold hands all day - Blue. Memory still an issue. No doc here & no light yet. Eye sight blurry

4-4 L-D Legs hurt when I got up. Dizzy bad. balance. Changed back to Tylenol - 4 pills a day. Chest hurts same left below nipples. Right leg muscles hurts. Cold hands & fingers. Memory issues. No Doc. No light.

4/13/24

- D 4-5 Hard pain in chest below nipple -6-8. Dizzy out of breath. Cold fingers -Blue. Hard time walking. Striking pain in chest-6-8. Legs tire out in short distance walk. No Doc No light.
- D 4-6 Sore legs & feet. Dizzy walking, left foot & toes ache. Cold hands. Memory issues. Hard pain left side. No doc. No light.
- 3LD 4-7 Dizzy short breath. walking to breakfast. Both legs hurt right worst. Sharp pain below nipple -4-6 Cold hands. using naproxen for back, 3 pills a day.
- L-D 4-8 Sore back cold fingers, Dizzy still. short breath walking. Blurry eye sight. Pain in left side -2-4
- D 4-9 Feet hurt to knees, standing pain below left nipple -2-4 dizzy & tired all day. Cold fingers Blue Blurry sight - head hurts - Richmond. No Doc No light
- L-D 4-10 legs & feet hurt, feels like needles poking, & muscle cramps. Dizzy hard breathing, Back sore. Sharp pain in left side. Cold hands, memory issues.
- 3LD 4-11 Feet sore to knees. muscles above knee knotted-right Dizzy, unbalanced, eyes blurry, memory issues. Feet always warm - tennis shoes or work boots. Cold hands -Blue No doc No light. No handicap ramp at front office building - have to walk around back
- D 4-12 Dizzy, legs & feet sore, hard to walk -tired, Met with psychologist - went well. Slight left side pain. -2-4 cold hands all day, Memory slipping. Have a psychologist but No Doc. Fingers like ice - ran hot water on them

FPC Duluth Inmate Bulletin

**No Sick-Call on Friday 8/2/24 and
Monday 8/5/24**

**Sick-Call will be canceled this Friday
August 2, 2024 and Monday August
5, 2024 and will resume as normal on
Tuesday, August 6, 2024.**

W. Palmisano, Health Services Administrator

7/30/2024

JOHNSON, RICK 55930510

TRULINCS 55930510 - JOHNSON, RICK VERNON - Unit: DTH-O-A

FROM: 55930510
TO: Health Services
SUBJECT: ***Request to Staff*** JOHNSON, RICK, Reg# 55930510, DTH-O-A
DATE: 04/10/2024 03:12:49 PM

To:
Inmate Work Assignment: Prescription

Ok, I will leave it off the list to take.

Thank you,

Rick Johnson
-----Health Services on 4/10/2024 12:27 PM wrote:

>
Per Discharge instructions when you were in the hospital, you were to stop the clopidogrel and only take aspirin.

From: ~^! JOHNSON, ~^! RICK VERNON <55930510@inmatemessage.com>
Sent: Tuesday, April 9, 2024 5:30 PM
Subject: ***Request to Staff*** JOHNSON, RICK, Reg# 55930510, DTH-O-A

To:
Inmate Work Assignment: Prescription

I am out of this script, Clopidogrel Bisulfate 75 MG Have been out a couple of weeks. Can you order it up for me.

Thanks so much.

Rick Johnson

Never knew this

FPC Duluth Inmate Bulletin

No Sick-Call Friday, Feb. 9th

There will be no sick-call on Friday, February 9th.

W. Palmisano
Health Services Administrator

GREGORY, DAVID 19677030

HEALTH SERVICES – FPC DULUTH
SICK-CALL APPOINTMENT REQUEST

Name: Rick Johnson Number: 55930-510 Unit: 208
 Case Manager: Johnson Work: Edu. Date: 2/13/24

State your **medical** problem (may write on back of this page as needed).

Problem:	<u>Pain in left side up to shoulder + below left nipple</u>
	<u>Breathing is difficult + dizzy much</u>
When did it start?:	<u>JAN. 2024</u>
Symptoms:	<u>Dizzy, pain + hard breathing</u>
Taken to treat symptoms:	

PAIN ASSESSMENT SCALE (circle number in first column)

PAIN LEVEL	WHAT THE NUMBERS MEAN
0	You feel no pain.
1-2	You feel very mild pain and are only aware of it when you focus on it.
3-4	The pain is tolerable and can be ignored. You are able to continue normal activities.
<u>5-6</u>	The pain is distressful, causing difficulty carrying out some normal activities.
7-8	The pain is severe, hindering concentration and ability to carry out all but simple activities.
9-10	The pain is disabling, not allowing you to focus on anything but the discomfort.

When did the pain begin? Jan-24 Has pain gotten better, worse, or stayed the same? same

Do you take any medications? Yes

VITALS:

Temp: _____ Heart Rate: _____ BP: _____ / _____ Respirations: _____ Weight: _____
 O2%: _____ Peak Flows (Asthma): _____ Sugar (Diabetics): _____

☐ **Triaged.** ☐ **Schedule out** ☐ **See now by:** _____

If you feel that you have an urgent MEDICAL issue ask a correctional officer or work supervisor to call Health Services to request an urgent appointment. DO NOT COME TO HEALTH SERVICES UNLESS YOU HAVE AN APPOINTMENT OR ARE PAGED ON THE INTERCOM. Do not knock on doors seeking appointment information. You will be out of bounds and told to leave. Send an electronic cop-out via Trulincs if you have questions.

HEALTH SERVICES – FPC DULUTH
SICK-CALL APPOINTMENT REQUEST

Name: Rick Johnson Number: 55930-510 Unit: 208
 Case Manager: Johnson Work: Edu. Date: 2/21/24

State your medical problem (may write on back of this page as needed).

Problem:	<u>Medical lay in extended, chest pain in left side below nipple</u>
When did it start?:	<u>3 mths ago - Oct of 2023</u>
Symptoms:	<u>Pain in chest & trouble breathing</u>
Taken to treat symptoms:	

PAIN ASSESSMENT SCALE (circle number in first column)

PAIN LEVEL	WHAT THE NUMBERS MEAN
0	You feel no pain.
1-2	You feel very mild pain and are only aware of it when you focus on it.
3-4	The pain is tolerable and can be ignored. You are able to continue normal activities.
<u>5-6</u>	The pain is distressful, causing difficulty carrying out some normal activities.
7-8	The pain is severe, hindering concentration and ability to carry out all but simple activities.
9-10	The pain is disabling, not allowing you to focus on anything but the discomfort.

When did the pain begin? Oct-23 Has pain gotten better, worse, or stayed the same? worse

Do you take any medications? Yes

VITALS:

Temp: _____ Heart Rate: _____ BP: _____ / _____ Respirations: _____ Weight: _____
 O2%: _____ Peak Flows (Asthma): _____ Sugar (Diabetics): _____

☐ **Triaged.** ☐ **Schedule out** ☐ **See now by:** _____

If you feel that you have an urgent MEDICAL issue ask a correctional officer or work supervisor to call Health Services to request an urgent appointment. DO NOT COME TO HEALTH SERVICES UNLESS YOU HAVE AN APPOINTMENT OR ARE PAGED ON THE INTERCOM. Do not knock on doors seeking appointment information. You will be out of bounds and told to leave. Send an electronic cop-out via Trulincs if you have questions.